



**CALL THIS BOOK WICKED. TERRORIST. RACIST. NAZI. HERETIC.
THEY WOULDN'T NEED TO CENSOR US IF WE WERE WRONG**

NOBODY WROTE THIS BOOK. ALL ATTEMPTS TO FIND OR COME OUT AS THE AUTHOR ARE VAIN

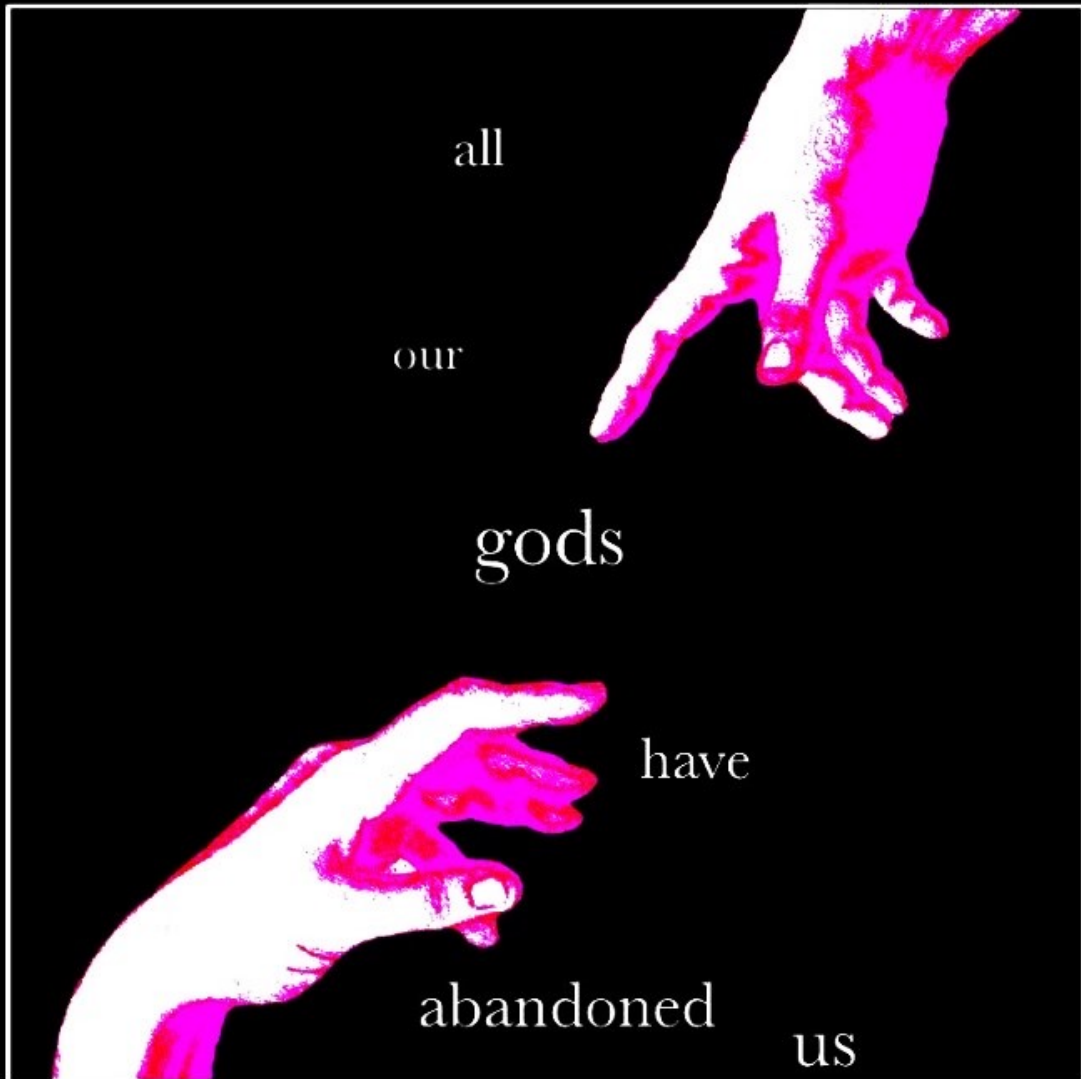
HEROIN HIVE
HER HIV

IF I DIE A MARTYR, I KNOW MY FRIENDS WON'T BE PROUD OF ME.
THEY WERE TAUGHT THAT THEIR CONFORMISM WAS REBELLION AND THAT MY DEATH WAS
JUSTICE

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PART 1



**HOW HUMANS WORK / THE SOCIALIZATION
PROCESS / POWER / THE LIMITS OF SOCIETY /
MEANING AS OUR DRIVING FORCE**



1 HOW HUMANS WORK

Man's primary concern is to fulfill his basic needs. Hidden behind ephemeral pleasures (rest, sex, satiety, gratification), these needs push him to survive and reproduce¹.

Multiple skills are needed to fulfill all our needs by ourselves. Less is required if we put our efforts in common with other people. Humans tend to organize themselves in societies, being the model with the highest satisfaction/efforts ratio.

2 THE SOCIALIZATION PROCESS

Everyone wants to take as much as possible while giving as less as possible. Conflicts of interest will forever plague human interaction, as we are collectivist by need, but egoistical by nature.

Society pacifies us through a socialization process, aiming to prevent our selfish tendencies from harming our group².

1. A **sentiment of belonging** is put in place so that we find ourselves bound to our fellow men.

2. A **moral** is instilled so that we won't allow ourselves to actively go against the interests of our community.

3. A **law** is applied to punish us if we aren't sensitive to the other rules.

3 POWER

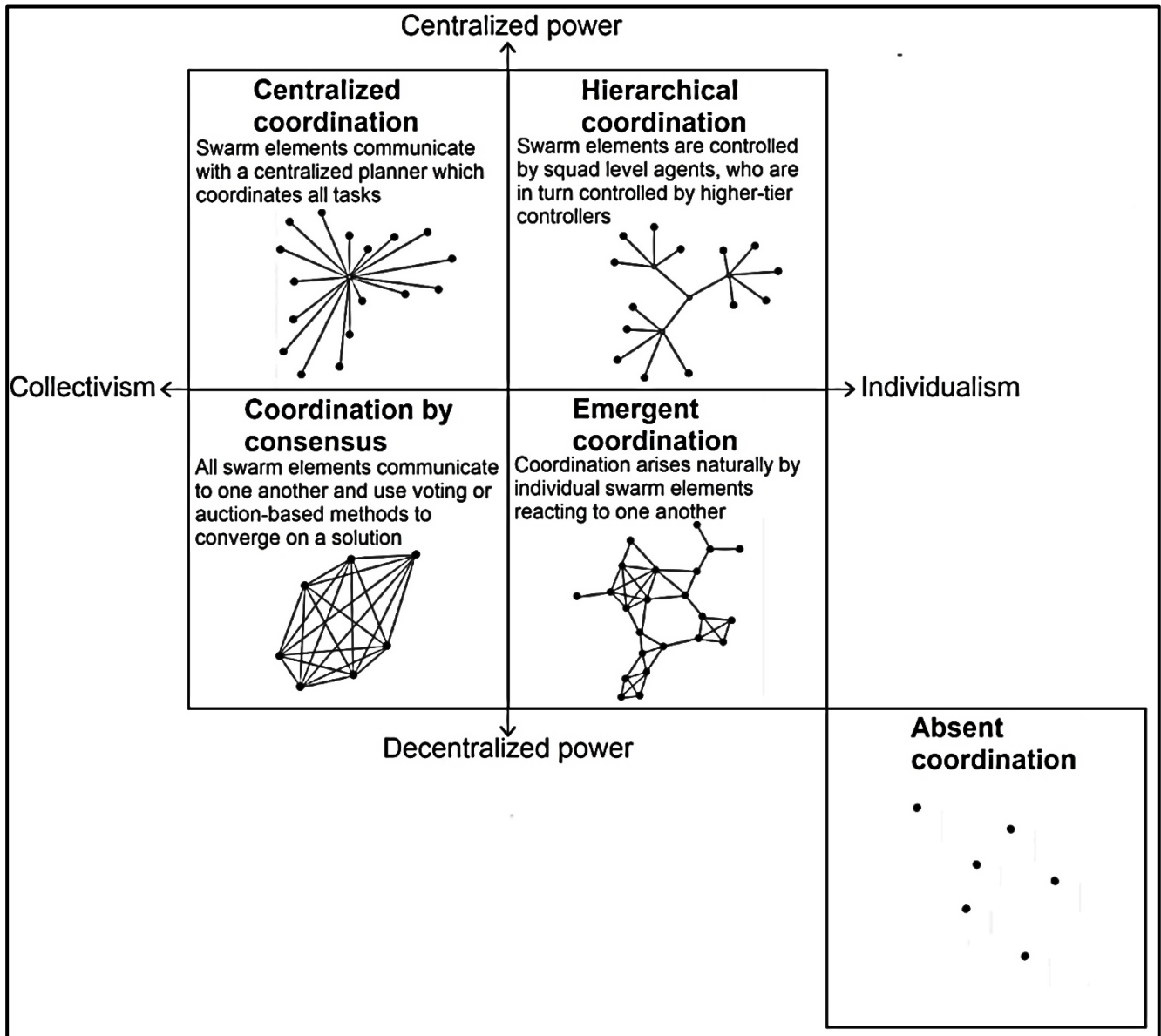
From the law of the strongest, to the law of money, to the law of the state. Power is an everchanging battle which complexifies as society progresses.

However, the new floors of power just add themselves in an ongoing game, and the old rules remain.

Bankruptcy can prey on the government. Bullets can drill through bankers.

Politicians can hire militias. The rich can buy a governmental protection.

There are different kinds of organizations, with their given types of power³.



Tier 0, absent coordination : no society

Tier 1, emergent coordination : exchanges-based society

Tier 2, complex coordinations : government-based society

For as long as there is coordination, society remains the same; people teaming up together to gain comfort at the expense of dependence. The only things that change are parts of the socialization process, scapegoats, and the ones in power.

4 THE LIMITS OF SOCIETY

Societies collapse when they are no longer able to fulfill the needs of their people. There are three factors that can cause such a situation.



1. Absence of resources

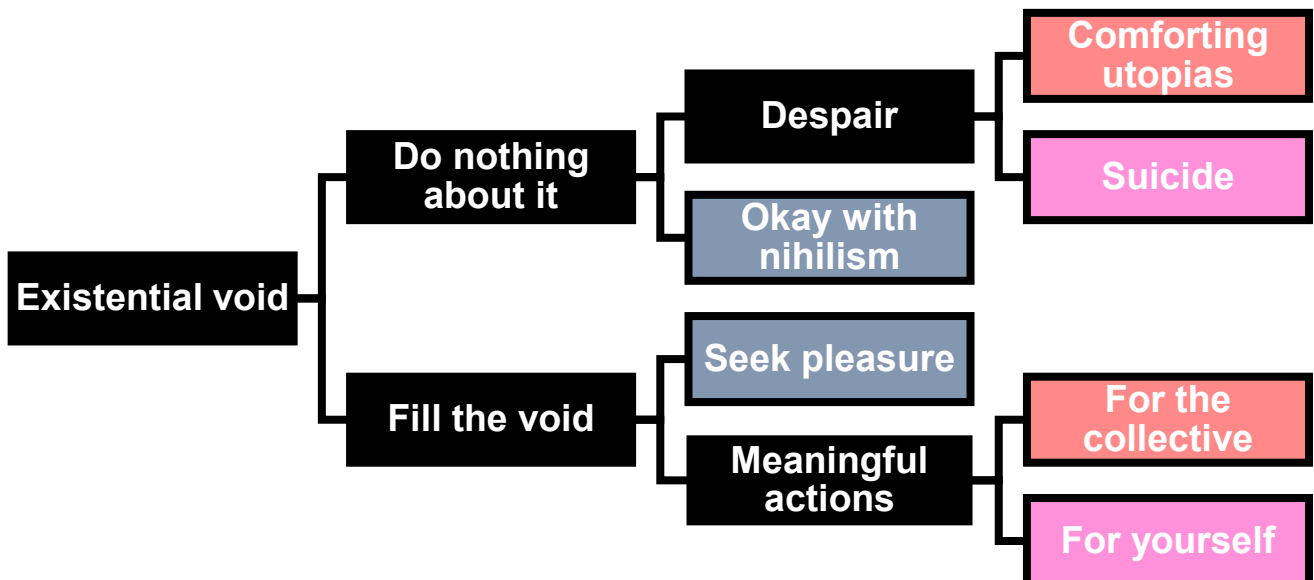
2. Lack of people (inept, low population)

3. Conflict (accelerates the absence of resources, the lack of people, and disrupts societies from sustaining themselves)

All societies collapse, it's just a matter of time.

5 MEANING AS OUR DRIVING FORCE

Man is lost in the turmoil of rising and falling societies. In such a condition he has no control over, he will forge himself a meaning in order to cope with the void⁴.



1. People who find meaning in **pursuing pleasure** throughout their day-to-day life. Trapped in the status quo, they are carefree, easy preys to society.

2. People who find meaning in **devoting their lives** to causes they deem bigger than themselves. They follow premade meanings engineered by other men – rationalizations of the irrational – which by essence cannot be true, but push people forward by luring them through meaningful illusions. Trapped by the arbitrary concepts of morals / groups / laws, they are pawns to man-made ideas.

3. People who find meaning in **overcoming**. For these individuals, life is a war within themselves that will either kill them or set them free

PART 2



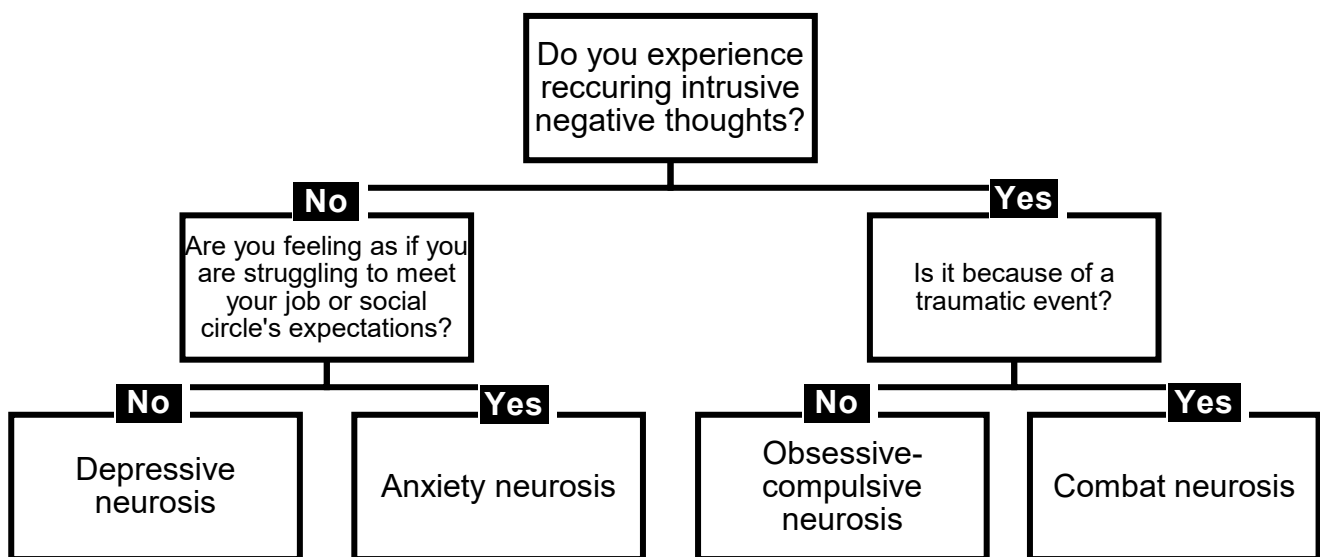
**THE DEVELOPMENT OF THE HUMAN MIND /
TYPES OF NEUROSES / NEUROTIC TRAITS /
GNOSIS / A WORLD OF PERCEPTION**

1 THE DEVELOPMENT OF THE HUMAN MIND

Man cannot grow up in a perfect environment. The world around him does not care about his interests, and every single person in his surroundings holds some degree of neuroticism. During their development, children witness uncomprehensible behaviors from adults, including their parents. This all will affect and influence them into developing forms of neuroses on their own⁵.

2 TYPES OF NEUROSES

Neuroses are negative thought patterns based on fears that recurrently haunt our mind. They are responses to what we found negative in our condition / environment.



Combat neurosis^{6a}: Primary fear related to something which we have experienced. What we sensed during the experience might have been excessive, but remains the basis of the fear. We feel damaged.

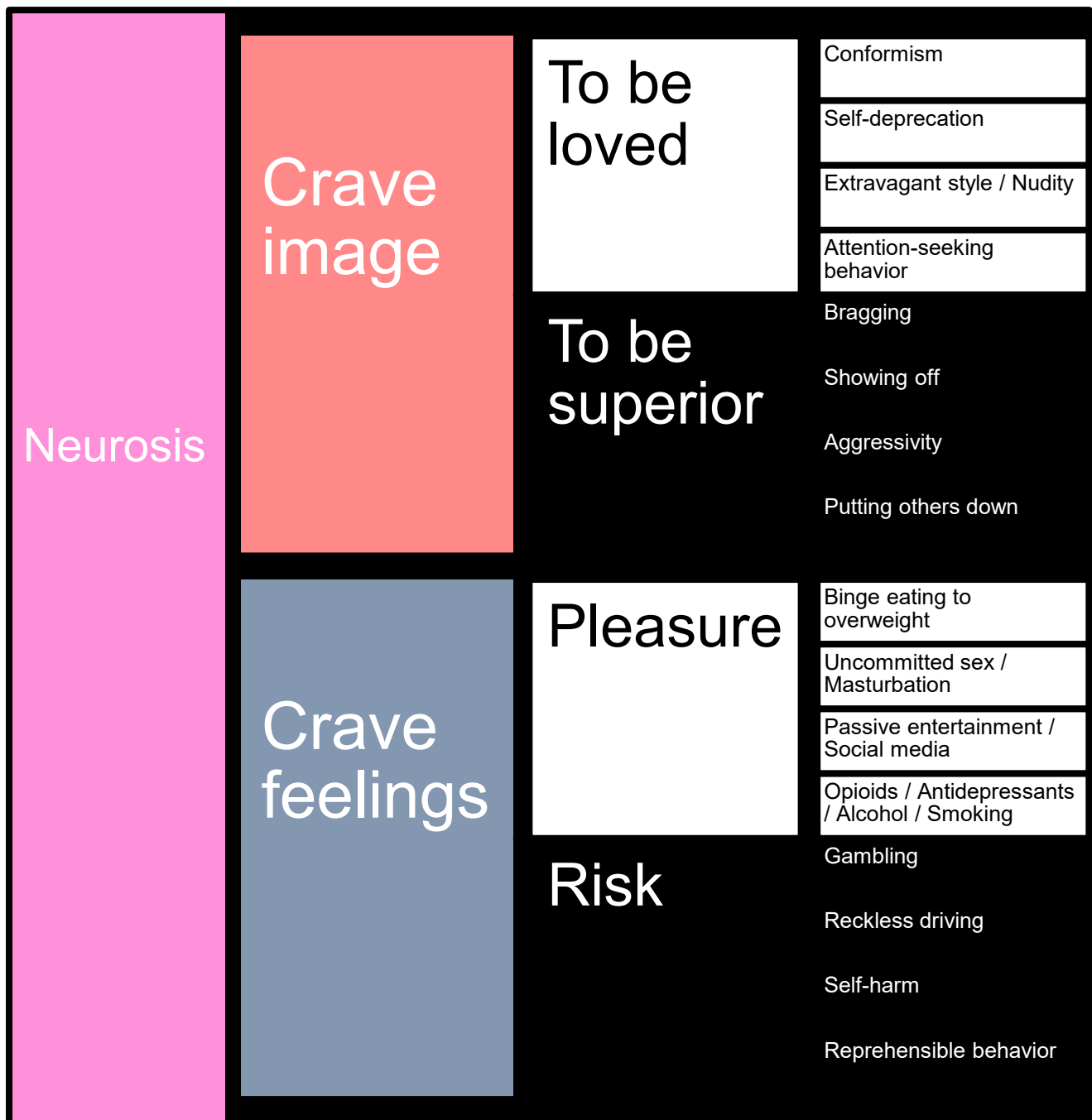
Obsessive-compulsive neurosis^{6b}: Primary fear related to something which we think about. Can grow nightmarish due to our mind constantly feeding the fear. We feel vulnerable.

Anxiety neurosis^{6c}: Fear related to people. Social codes such as responsibility, obligation or hierarchy can worsen the fear for people who base their life on social interaction. We feel overwhelmed.

Depressive neurosis^{6d}: Fear related to a fatalistic concept. Unlike the other fears which trigger either stress or fight-or-flight responses, this one is much more passive and more often subconscious. We feel hopeless.

3 NEUROTIC TRAITS

Neurotic traits emerge as a way of coping with neurosis. We commit to those behaviors as they make us temporarily forget about our inner problems.



Craving image means not being secure with who you are. You are easily offended and jealous.

Craving feelings means acting upon irrational urges. You will try to minimize / rationalize your addictions.

Those behaviors will get your mind used to a fake persona, and your body used to unnatural stimulation. The consequences are hating your true self and being unable to feel good emotions naturally.



4 GNOSIS

Just like cold is the absence of heat, the spiritual is the absence of the material.

What people perceive as out-of-this-world experiences are only moments where they put their material interests aside and observe the world without any kind of judgement or awareness. Through the eyes of the animals they used to be.

Silencing the thoughts as such is called achieving gnosis⁷.

1. Ecstatic gnosis

Occurs through sensory overload.

- Frenetic movement (jumping, dancing, shaking the head, playing music)
- Pain (explains why some people practice self-harm. Workout instead)
- Emotion (harder, but religion uses it during ceremonies)
- Sex (one of the reasons why people seek it so fanatically)

2. Inhibitory gnosis

Occurs through sensory bypass.

- Voice (spelling an endless sequence of random numbers, repeating syllabs)
- Meditation (breathing, focused on the flowing air, movements of the diaphragm)
- Psychedelics (select naturally-occurring compounds if possible)

5 A WORLD OF PERCEPTION

Reality is that which cannot bend to our will through the power of thought.

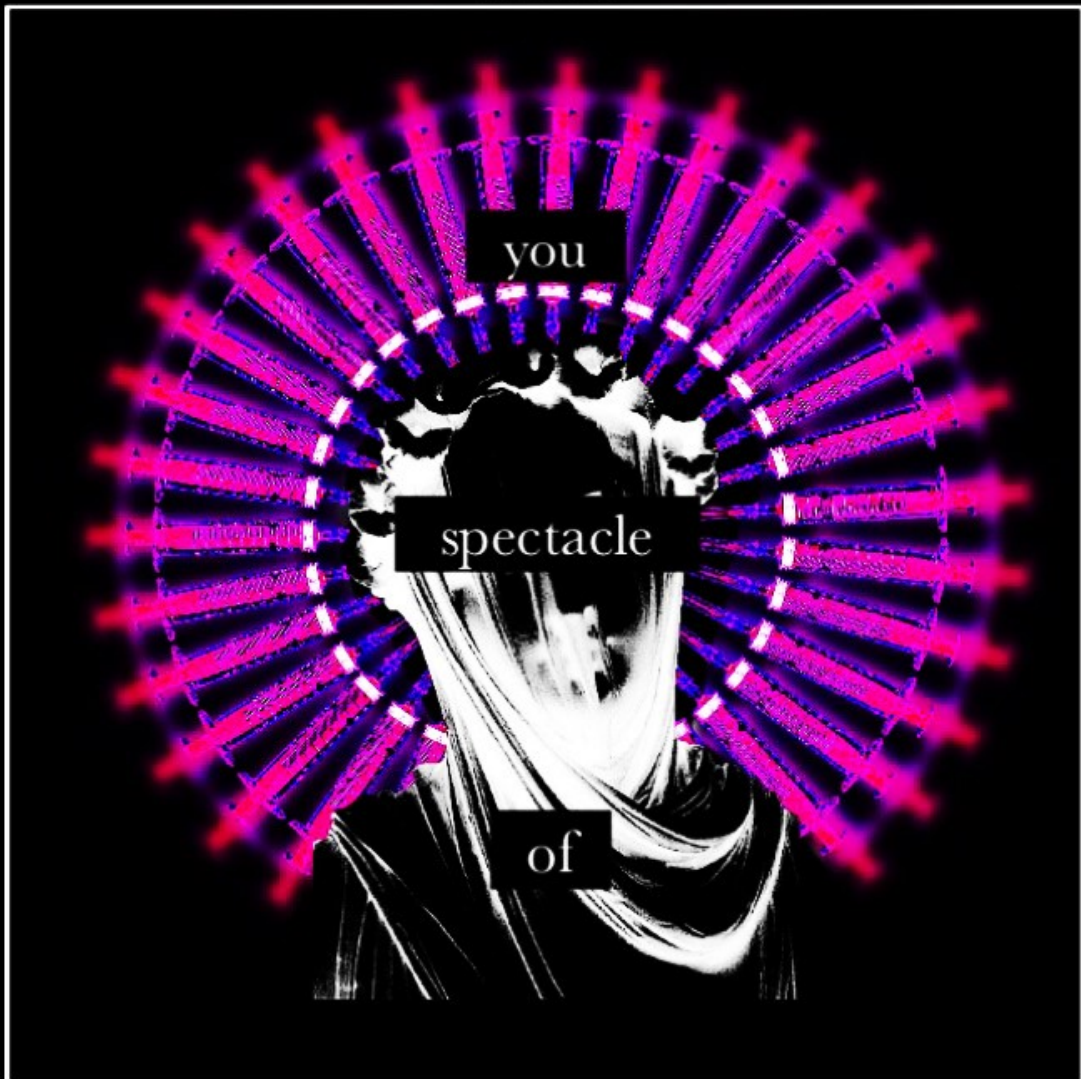
As universes to our own, everything we live is perceived from our point of view alone, and we then associate meanings and emotions to it all. Those meanings and emotions are constructions of the mind; it is possible to overcome them⁸.

Negative, neutral or positive reactions can all stem from the same event depending on what we convince ourselves to believe, or what people convinced us to believe.

A fear haunts your mind, spawning neurosis? Picture it harmless.
You find yourself faced with the worst of this world? Smile in its face.
This world is fucked and we love it.

PART 3

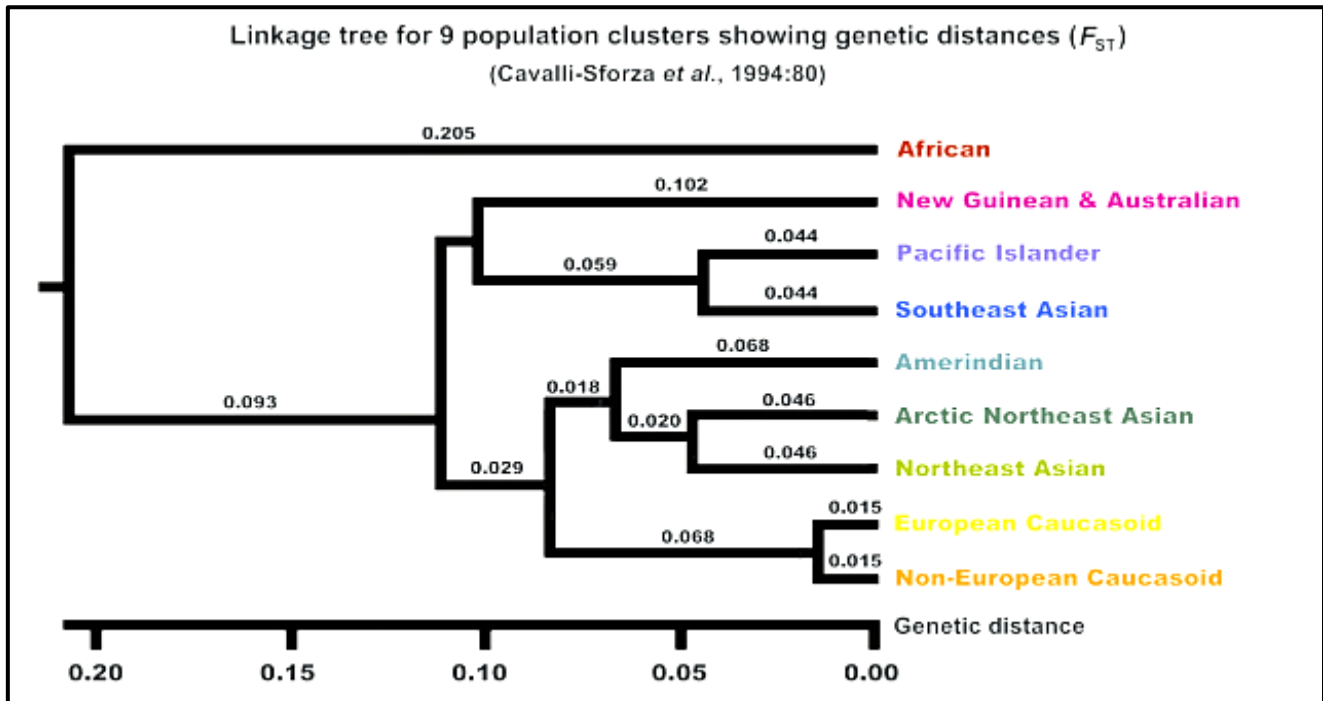
dance



flesh
**THE DIFFERENT HUMAN SPECIES /
BONES / FLESH / SURFACE /
DIMORPHISM**

1 THE DIFFERENT HUMAN SPECIES

Man adapts to his environment while developing new characteristics. This is how each population evolved on its own for millions of years⁹.



Beyond a genetic distance of 0.02, we are as different as distinct species. Breeding with a partner of more than 0.04 of genetic distance means that your offspring is further away from your DNA than random people of your own species.

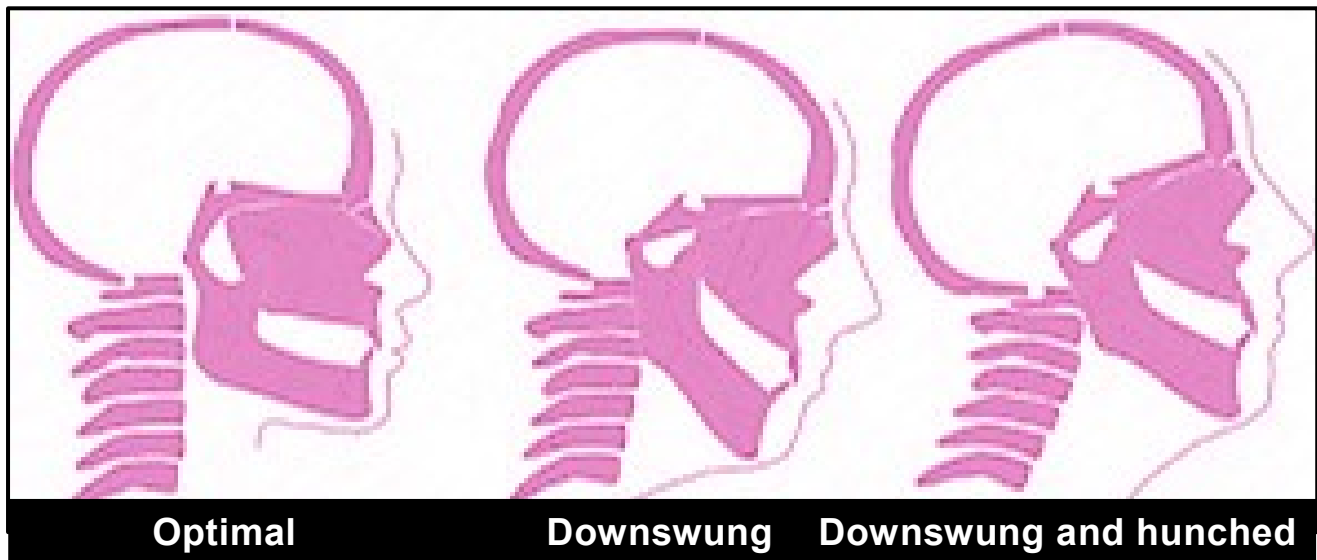
This can lead to problems; the most specific mutations will be lost (leaving the offspring not adapted to any environment) and the DNA will not know towards what it should evolve (randomly selecting genes, increasing the odds of birth defects¹⁰).

It's all about balance; human populations should breed within their own respective species (easily distinguished by instinct) while avoiding inbreeding (maximum one great grandparent in common, nothing closer than that).

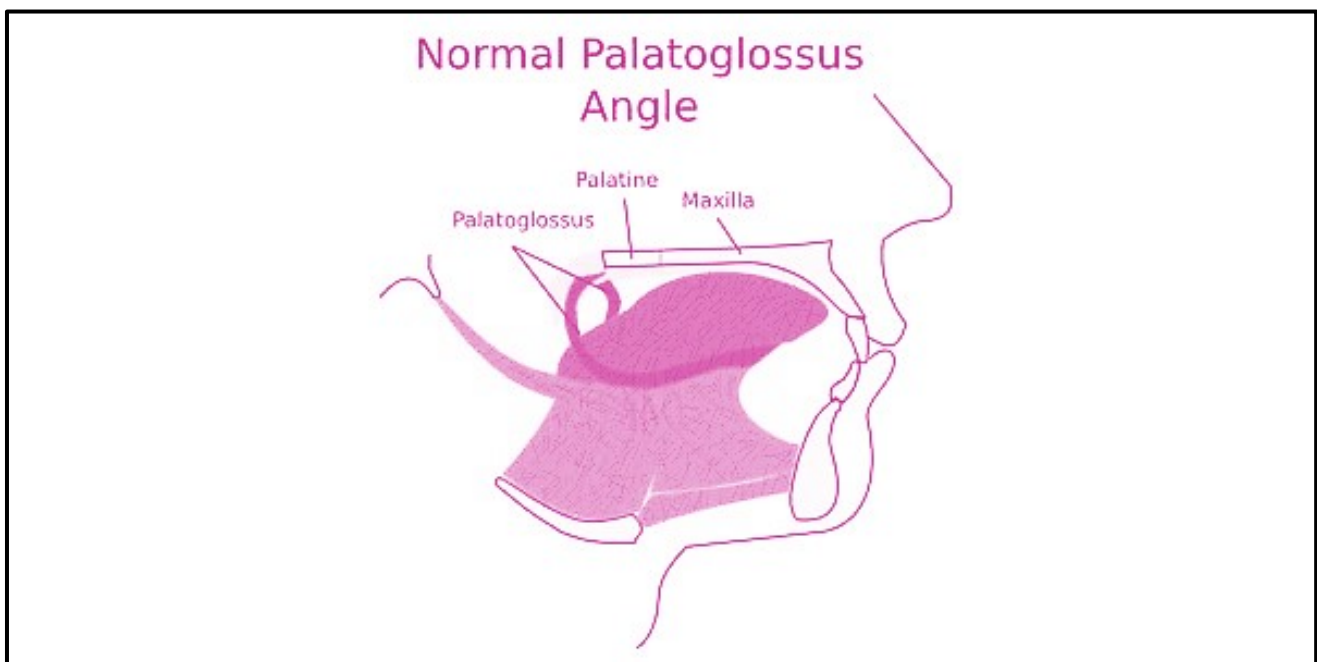
2 BONES

Every bone's position and growth is influenced by the pressure held on it by other bones and muscles.

This is an important thing to keep in mind, as it applies to facial bones, which account for most of our facial traits.



Optimal growth equals beautiful facial traits. To achieve it, the required posture is having the tip of the tongue touching the roots of the upper front teeth, while a part of the tongue rests on the flat part of the palate. The mouth must be closed and breathing should be done through the nose¹¹.



The tongue pushing on the palate makes for a forward grown maxilla (midface) and mandible (jaw), since the teeth pushed forward then push the bones forward.

Missing a tooth would make a part of the face lack pressure, which would atrophy it. Hence, extractions are to avoid and dental hygiene should not be overlooked.

It is best to clean the teeth without toothpaste, as it actually weakens the enamel¹². Nails can also replace toothbrushes, scrapping the teeth until they feel smooth.

3 FLESH

Muscles and fat layers superpose themselves over the bones to define our true silhouette and facial features.

The human body is better with lower amounts of fat, as it can be inconvenient, diminishes stamina, often causes health complications with time¹³ and is perceived as ugly. Due to anatomical differences, men should aim for very low bodyfat (hollow cheeks), and women should aim for low / moderate bodyfat (no double chin). Fat gain and fat loss are results of the difference between our caloric consumption and our caloric need;

Men : $66.47 + (13.75 * \text{weightKG}) + (5.003 * \text{heightCM}) - (6.755 * \text{age}) = A$

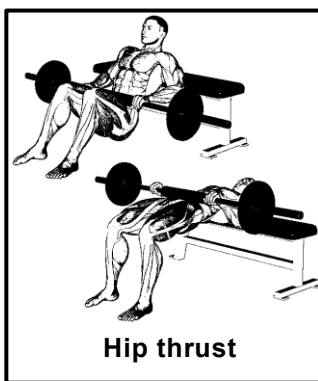
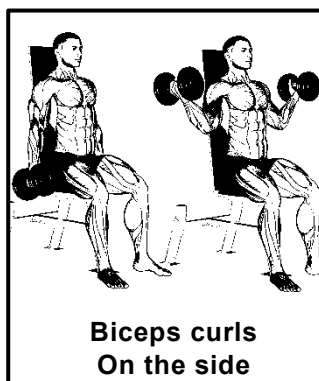
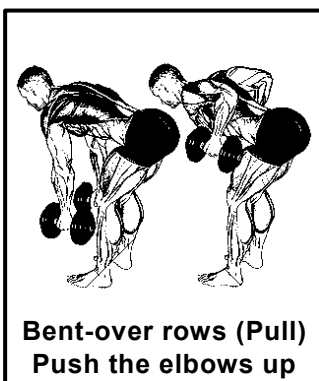
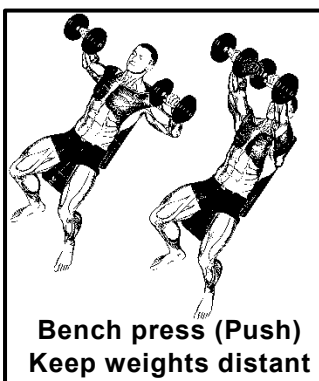
Women : $655.1 + (9.563 * \text{weightKG}) + (1.850 * \text{heightCM}) - (4.676 * \text{age}) = A$

Multiply A by 1.2 / 1.375 / 1.55 / 1.725 depending on if you do physical activity 0 / 1-3 / 3-5 / 6-7 times per week. The result is your daily caloric need¹⁴.

No matter what we eat, we need a deficit of 7'000 calories to lose one kilogram of fat, and a surplus of 7'000 calories to gain one kilogram of fat.

We could starve for three days, but the least constraining way to lose a kilogram of fat is to cut a given number of calories everyday. To fill the blank space left in the stomach, drinking water can help.

Our bodies are also healthier and stronger with a fair amount of muscle. It is recommended for men to practice at least one push movement, one pull movement, some leg training and neck exercises. To respect their silhouettes, women usually focus on leg exercises.



To train the neck, lay your upper body horizontally, facing the ground or the ceiling, and repeat a slow exaggerated nodding motion with your head. To spare time, you can do this exercise throughout the rest period inbetween sets of other exercises.

Muscular tissue hypertrophies through intense solicitation; it gets damaged during the process and then grows back bigger. It can be accentuated;

Failure sets¹⁵; pick an exercise and select the heaviest weight that you can physiologically support for 8-10 repetitions. It is important that, when reaching the end of your set, you feel that you won't be able to lift the weight a single more time. Do 4 sets of your exercise, with 8-10 repetitions, and 60 seconds of rest inbetween the sets.

Bloodflow restriction¹⁶; wrap a band right at the beginning of your arm under the armpit. Make it as tight as possible in order to restrict the bloodflow, then do your exercises and unwrap the band after having performed everything. (You can use socks instead of bands.)

After training a muscle, we should let that muscle rest for 48h before training it again. An every-other-day frequency of training is ideal. A high-protein diet, centered on meat, will encourage muscle and height gains¹⁷.

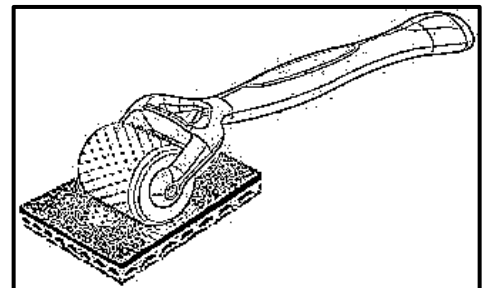
4 SURFACE

The surface of the body is an indicator of overall health and age. It is composed of skin and hair.

Skin beauty mostly relies on collagen levels. It is a protein that is produced in our bodies, responsible for the elasticity and soft texture of the skin.

The collagen production decreases all throughout the aging process and as a result gives wrinkles and rougher skin.

Microneedling is known to drastically increase collagen levels¹⁸. It consists of rolling a dermaroller on the face - a device made of hundreds of needles which pierce tiny holes in the skin. It works by inflicting microdamage into the tissue, which will then stimulate a response in order to regenerate.

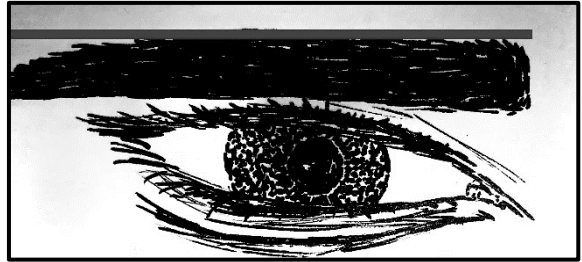


Washing the face with water is largely enough to keep a clean and hydrated skin. Special attention should be invested into manually rubbing dead skin cells away.

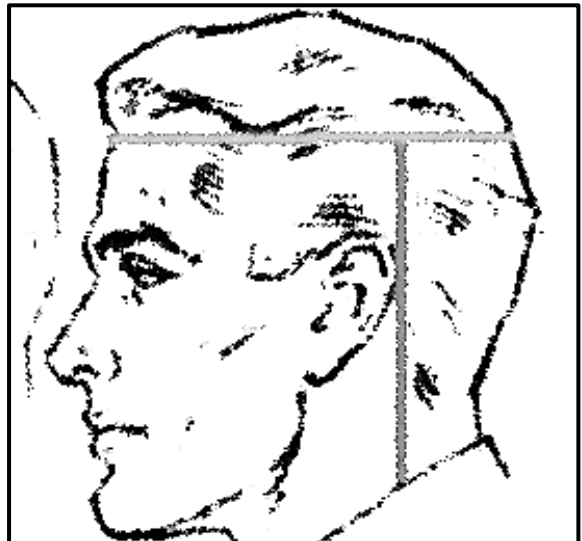
Hair beauty on the other hand mostly relies on the contrast it makes with the face.

The best care for hair quality is to wash it with water only and avoid shampoos. For texture, a hair straightening conditioner can be made by mixing 2 tablespoons of potato starch with 2 cups of water at boiling point for 1 minute. Apply on the hair strain by strain and let sit for 30 minutes before washing with water. It will remove frizz by the first application, and straighten the hair if done multiple days in a row.

Eyebrows should be trimmed at the top to look straighter. Full, dark eyebrows look better, as they deepen the stare. Black dyes can be made with henna and indigo. Peppermint oil is the best growth serum¹⁹.



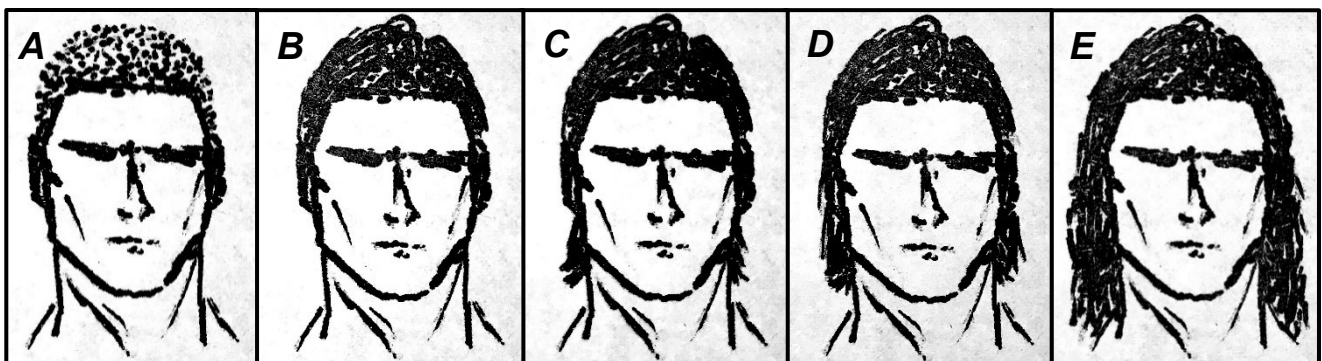
As for the hair, women only need to cut the extremities to have have harmonious hairstyles. The ideal length is within 10cm of shoulder length, shorter or longer.



Men's haircuts consist of three parts:

- 1.The top (above the forehead corner)
- 2.The back (behind the ear)
- 3.The sides

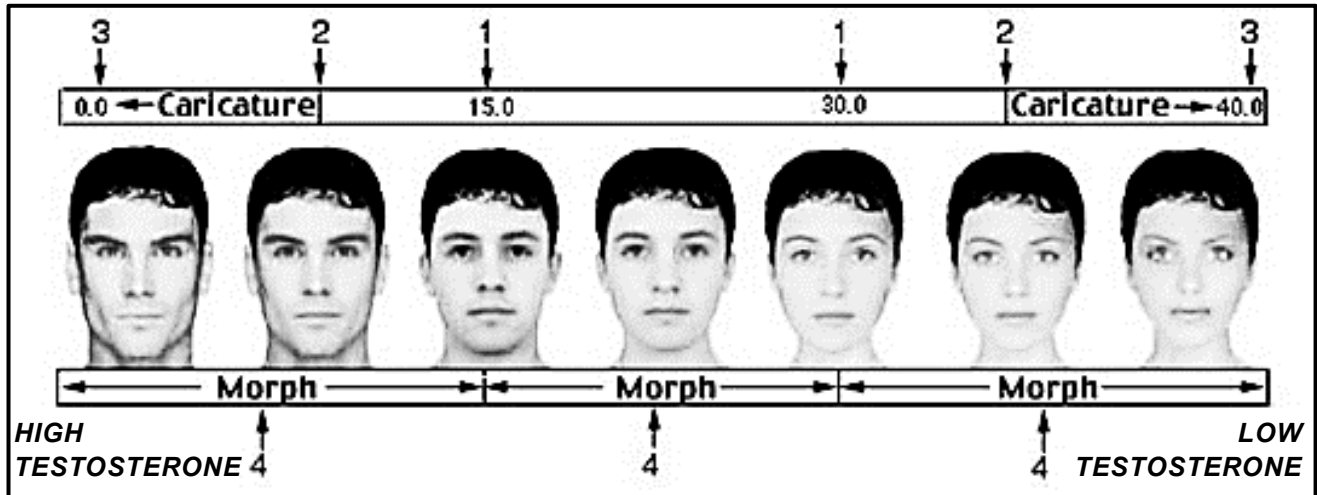
The top should be the longest part, the sides should not be longer than the back.



A. All shaved - requires a masculine face, large neck and hollow cheeks. **B. Short sides and back, longer top** - suits children and adults with large necks. **C. Medium back, longer top, sides can be like the back or shorter** – suits anybody. **D. Long back, longer top, sides can be like the back or shorter** – requires a masculine face. **E. Very long top, very long back, sides can be like the back or shorter** – requires a masculine face and facial hair.

5 DIMORPHISM

Sex is defined by the chromosomes. Throughout childhood, the main observable difference between males and females are the reproductive organs. When puberty starts, sexual hormones are secreted and influence the body of the subject.



	Male hormones	Female hormones
Face	Dihydrotestosterone grows bigger facial bones; browridge, cheekbones, ramus, chin.	Female hormones have little to no influence on the face.
Tissue	Testosterone encourages muscle growth.	Prolactin encourages the growth of breast tissue*.
Fat	Fat will primarily accumulate on the upper body.	Fat will primarily accumulate on the lower body.
Other dimorphic traits	Dihydrotestosterone accumulation leads to facial / body hair growth as well as lowering the voice.	Estrogen accumulation eventually leads to the closure of growth plates.
Insufficient amounts	Not enough androgens promotes fatigue, erectile dysfunction, infertility and a weak body.	Not enough estrogens only promotes irregular menstrual cycles along their respective pains.
Excess amounts	Too much androgens only promotes acne as a negative side-effect.	Too much estrogens promotes cancer, infertility, stunted growth and mood swings.

*Prolactin levels are elevated during puberty, pregnancy and lactation, gradually. High levels of this hormone results in breast growth, and peaks induce lactation. Prolactin can be elevated via consumption of saponins from the shatavari root²⁰.



Indicators of good health are what people perceive as beauty. High dimorphism is what people perceive as desirability, as it reflects maturity and fertility²¹.

Dimorphism in women mostly concerns body / morphology. Dimorphism in men is observable on the body as well as on the face.

It is of utmost importance for men to have high androgens and low estrogens. However, due to pollution, the odds are stacked against them.

Endocrine disruptors

Tap water (fluoride, chloride, synthetic estrogen, aluminium, lead, atrazine, perchlorate, benzophenone), **Toothpaste** (fluoride), **Birth control pills** (synthetic estrogen), **Plastic** (bisphenol A, bisphenol S, benzene, flame retardants, TBBPA, phthalates, perfluorinated compounds), **Alcohol** (ethanol), **Vegetables / fruits** (phytoestrogens, pesticides, phytic acid – which inhibits the absorption of zinc²² and consequently impairs testosterone production), **Canned foods/soda cans** (bisphenol A, bisphenol S), **Chemtrails** (aluminium), **Deodorants** (aluminium, parabens), **Pesticides** (sulfuramid, tebuconazole, zineb, ziram, thiram, benzene, organochlorines), **Fungicides** (sulfuramid, tebuconazole, zineb, ziram, thiram, ethylparaben), **Herbicides** (atrazine), **Grains** (zeaxanthin), **Grain feed animal meat** (zeaxanthin), **Rubber** (benzene, xylene), **Lubricants** (benzene, organochlorines), **Detergents** (benzene, tonalides, phthalates), **Nylon** (benzene), **Synthetic fibers** (benzene), **Resins** (benzene), **Car exhaust** (benzene), **Hair dyes** (benzene, lead, formaldehydes), **Paint** (lead, xylene), **Leaded gasoline** (lead), **Eyeliner** (lead), **Lipstick** (lead), **Batteries** (lead, mercury), **Dental fillings** (mercury), **Northern pike, trout, walleye** (wild fishes high in mercury), **Printing** (xylene), **Dishwashing detergent** (nonylphenols), **Condoms** (nonylphenols), **Diaphragm jellies** (nonylphenols), **Vaginal gels** (nonylphenols), **Contraceptives** (organochlorines), **Fragrances** (diethylhexyl glycol, phthalates), **Sunscreen** (oxybenzone, BP-3, 3-benzylidene camphor), **Lotions** (BP-3), **Conditioners** (BP-3), **Cosmetics** (BP-3, 3-benzylidene camphor, ethylparaben, butylparaben, propylparaben, tonalide), **Pharmaceuticals** (butylparaben, propylparaben, phthalates), **Cigarettes** (tonalide), **Detergents** (tonalide), **Shampoos** (ethanolamines, formaldehydes, phthalates), **Body washes** (ethanolamines), **Soap** (ethanolamines, sodium lauryl ether sulfate, phthalates), **Nail products** (formaldehydes), **Fake eyelashes adhesives** (formaldehydes), **Processed food** (dioxins), **Coatings** (flame retardants), **Furniture** (flame retardants), **Baby products** (flame retardants), **Food preservatives** (ethylparaben), **Rocket propellants** (perchlorate), **Fireworks** (perchlorate), **Road flares** (perchlorate), **Non-stick cookware** (perfluorinated compounds), **Packaging inks** (benzophenone), **Synthetic resins** (TBBPA), **Food additives** (methylparaben, propylparaben, zeranol), **Vinyl flooring/wall covering** (phthalates), **Carpeting** (phthalates), **Lubricating oil** (phthalates), **Blood bags/tubing** (phthalates), **Nail polish/remover** (phthalates), **Hair sprays** (phthalates), **After-shave lotion** (phthalates), **Gas anesthesia** (nitrous oxide), **Parabens**, **Lavender / Tea tree essential oil** (phytoestrogens)

Toothpaste, shampoo, soap, deodorant, makeup, sex items, vegetal food, processed food, alcohol and cigarettes should be avoided.

The body converts some male hormones to estrogen through the process of aromatization. Consuming compounds to inhibit aromatase is a good idea for males, especially in an environment full of endocrine disruptors. The strongest natural aromatase inhibitor is the white button mushroom²³.

PART 4



**REPLICABLE TECHNOLOGY / ENERGY /
WATER / INDOOR CULTURE / THE
ANARCHIST COOKBOOK**



1 REPLICABLE TECHNOLOGY

Man is half animal, half machine, for he depends on tools to establish his kingdom.

Technology can raise your comfort to the point that you forget your natural lifestyle.
Technology can make you stronger than bigger or outnumbering enemies.

However, as soon as technology starts becoming too complex to be understandable and replicable by anybody, it loses some of its initial interest as problem-solver, and in turn becomes yet another consumer good.

Easily replicable technology consists of items that can be made with abundantly available resources, and compounds that can be grown and reproduced at home.

To illustrate, the following can be obtained with only **water**, **soil**, and the right **seeds**:

Items that can be made with clay		Plants/mushrooms to farm	
1. Rocket stoves	(heating)	1. Potato	(food)
2. Alembics	(filtration)	2. Peppermint	(eyebrows)
3. Pots/barrels	(storage)	3. San Pedro cactus ²⁴	(drug)
4. Dumbbells	(exercise)	4. Psilocybin mushroom ²⁵	(drug)
		5. White button mushroom	(AI)
		6. Shatavari	(prolactin)
		7. Ghost peppers	(weapon)
		8. Henna	(dye)
		9. Indigo	(dye)
Other items		Animals to farm	
5. Dermal roller substitute by using cactus needles	(skin)	10. New Zealand rabbit	(food)

Fire can easily be made with the sparks of certain rocks and metals:

Strike the edge of: Steel (most knives) / iron pyrite (chrome-looking edgy rock)

Against an edge of: Ferrocium / magnesium / flint

Catch the sparks on: Dry cloth / dry leaves / dry grass

All of those items and compounds can easily fit into a small room. You could live self-sufficiently in any house, apartment, basement, loft, or large enough boat.

And besides using those items to fulfill your needs, live life as you always have.
You are free.

2 ENERGY

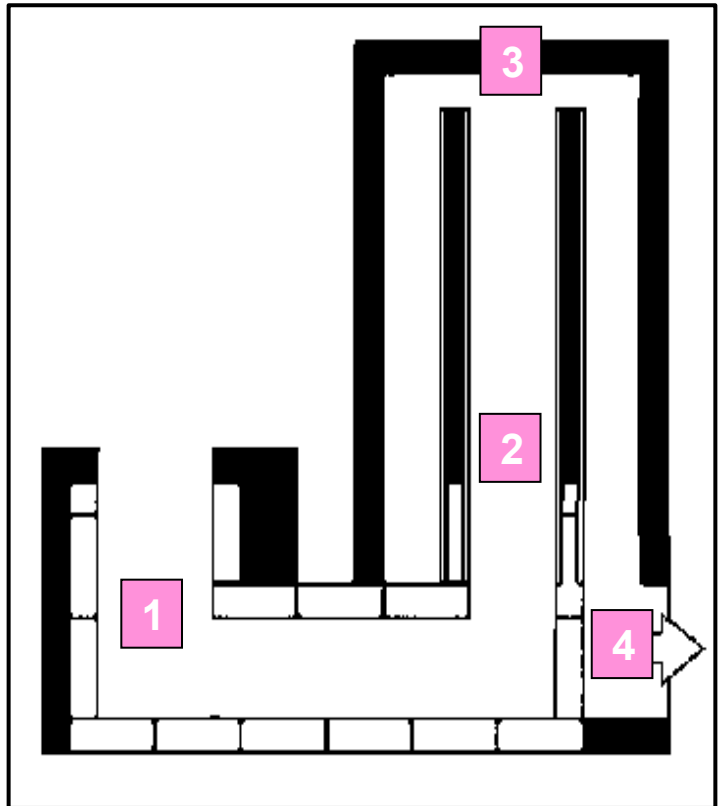
Rocket stoves are the most effective method of combustion²⁶. Not only will they provide room heating, but you can also stack items on them for cooking.

1. A combustible is inserted to burn sideways in order to avoid losing smoke. Rocket stoves can run for hours on twigs / organic waste / human waste.

2. A double-combustion will occur, burning both the combustible and the smoke.

3. Heat will accumulate in the outer parts of the system. Stovetop items can be laid there.

4. The waste gas then has to be evacuated (outdoors).



3 WATER

Distillation works by heating a liquid to evaporation in an enclosed system, and letting it recondensate in another part of the system. It is the best way to filter water, as it recondensates water in pure form, and allows to recycle your own used water.



Water is not only a drink, it can replace toothpaste, skin creams, shampoo, laundry soap, toilet paper. Peppermint oil can also be applied afterwards as disinfectant²⁷.

4 INDOOR CULTURE

Resource	Start	Care	Harvest
 NZ rabbit	These rabbits start breeding around the age of 6 months. With a male, a female rabbit will give birth to 1-14 (avg. 7) babies every 31 days.	Feed them boiled potatoes daily	Rabbits will reach a good size by 10 weeks and should be eaten before they turn 12 weeks.
 Potato	Get potatoes. Plant each under 10cm of soil, with a radius of 15cm of free space around. Each planted potato will multiply x5-20 (avg. 12).	Water 1 per week.	Will mature in 90 days. Dig up the potatoes, replant some, dispose of the plants.
 Peppermint	Cut peppermint leaves. Put them in water until they grow roots, then put them in soil.	Water 2 per week.	Harvest the leaves every 90 days. Cut all of the leaves from the top of the plant, only leave the bottom 10cm of the plant.
 San Pedro	Cut the 15cm top end of the cactus. Plant in soil, wait for it to grow a bit, then start watering.	Water 2 per week.	Will grow 30cm in around 180 days. Harvest the cactus when it reaches 30cm.
 Psilocybin	Get psilocybin spores (from the mushroom's cap). Plant in soil.	Keep in a dark place.	Harvest when the part under the mushroom cap starts darkening (weeks 3-4 usually). Replant the spores.
 White button	Get white button mushroom spores (from the mushroom's cap). Plant in soil.	Keep in a dark place.	Will mature in 2 months. Harvest entirely and replant the spores.
 Shatavari	Get shatavari seeds (found within the plant's flowers). Plant under 15cm of soil.	Water 2 per week for a month, then 1 a week.	Will mature in 2 years. Dig up the roots.
 Ghost peppers	Get ghost pepper seeds (found within the peppers). Regularly soak them in water until they germinate, then plant them in soil.	Water 1 per week.	Will produce peppers 2-5 months after being planted. Will grow peppers each year. Harvest peppers when they turn 6 months old.
 Henna	Get a 15cm+ henna branch. Cut its extremity at a 45° angle, and plant it in soil.	Water a lot every time the soil becomes totally dry.	Wait for the plant to be 2 years old. Then, harvest all the leaves every 180 days.
 Indigo	Get a 15cm+ indigo branch. Cut its extremity at a 45° angle, and plant it in soil.	Water a lot every time the soil becomes totally dry.	Wait for the plant to be 1 year old. Then, harvest all the leaves every 180 days.

Produce as much as possible

1 Pot of each is enough for moderate personal use

5 THE ANARCHIST COOKBOOK

Prepare before eating:

New Zealand rabbit

Potato

Prepare the rabbit:

Decapitate the rabbit. Pull the fur off the corpse like removing a sock. Then, cut an opening from the top to the bottom of the rabbit's stomach. Insert your hand inside of it and reach out for the organs to remove them.

Roasted rabbit:

Put the rabbit / parts of the rabbit in a closed pot, without water, and cook until it looks brown, shiny and crusty.

Fried rabbit:

Cut rabbit pieces the size you like. Then, entirely coat those pieces into flour, before frying them in an open pot.

Rabbit jerky:

Take skinless pieces of rabbit and cut thin slices. Then put those slices in a closed pot, and cook them until dehydrated (approximately 8 hours).

Boiled organs:

Submerge the rabbit's organs in water, in an open pot. Boil the water for 10 minutes. You can then take the boiled organs out of the water and eat them.

Process the fur of the rabbit:

Rinse the leather part of the hide, let dry, then soak the animal's brain in water and brush it on the hide. To finish, just lay the hide over smoke for 30 minutes.

Prepare the potato:

Cut anything growing out of the potato. Clean the potato with water.

Make potato flour:

Cut your potatoes in cubes, and cook them in boiling water for 15 minutes. Then, take them out of the water and mash them. Spread the potato mash in a closed pot and heat it until dehydrated. Finally, ground the dry potato mash into a fine powder.

Make toast / crust from the flour:

Put flour in a bowl and stir it while gradually adding small amounts of water. It should reach the texture of dough. Shape it as you want but make it flat, then heat in an open pot. Cook it until you see brown spots appear, and repeat for each side.

Make potato crisps:

Cut your potatoes into slices as thin as possible. Then, soak them into water for at least 20 minutes to remove any excess starch. Finally, take the potato slices out, make them as dry as possible and fry them in an open pot.

Make fries:

Cut potatoes on two dimensions, making thin long slices that look square from above. Then, cook those potato slices in an open pot.

Dry and grind those compounds into powder:

San Pedro cactus
 Psilocybin
 White button mushroom
 Shatavari root
 Ghost peppers^A
 Henna^B
 Indigo^B

^AMake pepper spray by dissolving the ghost pepper powder into water. The spray will be effective for a month.

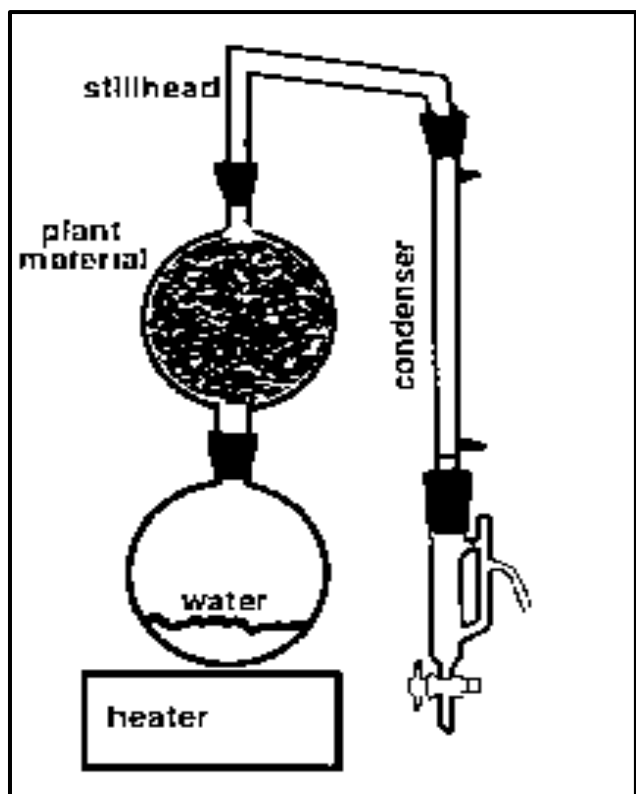
^BMake black dye by equally mixing henna and indigo and progressively adding water until you obtain a paste.

Distill:

Peppermint

Heater and alembic required.

1. Put water on a heater and wait for it to steam.
2. Let the steam float through the plant material.
3. The steam holds the oil; it needs to be condensated. Ideally, the condensation tube would pass through a chamber of cold water.
4. The final products will be infused water and oil. The oil will float on the water.



How to make clay items:

1. Collect soil. (Crackled soil and soil of stagnant water areas have more clay.)
2. Fill a recipient halfway with soil. Add water until it reaches the height of the soil.
3. Stir the water and soil until it becomes a uniform thick liquid (milk consistency).
4. Filter the liquid through a layer of cloth, into another recipient.
5. Wait 24h. Clay will settle at the bottom, clear water will be on top of it.
6. Filter the liquid with cloth again; water will pass through but clay will be caught.
7. Let the clay dry. It will be quicker in the sun.
8. Shape the clay. (You can make alambics, rocket stoves, bathtubs, pots, barrels.)
9. Heat the clay sculpture to evaporate its water content, it will leave a solid clay.

obedience will bring pleasure

**THE HIVE / THE HIVEMIND / RAGE BECAME
THE MACHINE / TWILIGHT OF THE IDIOTS /
XENOANARCHY**



1 THE HIVE

Globalization interconnected every society, eventually turning them into a single entity. This is the Hive. And it is reaching its final form.

We, the conventional, cannot question such a power; we grow up in the Hive, we own everything to the Hive, we are the Hive.

You need to learn but your parents are too busy working? Go to school. The Hive provides knowledge.

You need to feed yourself but cannot grow food? Go to the supermarket. The Hive provides food.

You need a meaning in this chaotic world but cannot seem to find one? Go meet people. The Hive provides people, much like a cabaret for benevolent whores.

God forbid your school brainwashes you, your food poisons you and the people you meet just peer pressure you into staying in hell with them.

You can run, you can hide, but can you fight?

This system cannot be destroyed by any assault; assassinate political leaders, starve cities by blocking their ports or destroying railways, kill the population by poisoning their water system, introduce chaos by triggering clashes between groups, disrupt the electricity grid to face people with the darkness they try so hard to escape - nothing works. If a place happens to get destroyed, the rest of the world will come to the rescue and rebuild an even bigger city.

A head gets cut, two heads grow back. Even conflicts take place within the boundaries of the Hive. Sometimes, the Hive wages war on the Hive. Sometimes the Hive dismembers itself to build back better afterwards. Wars are illusions, but the deaths of your people are real.

An oligarchic class rose to a position of power and profits off this system because they know how to play the game. However, there is no true organized power in this society; what we are witnessing at work is a colossal collective entity spawned by human nature itself. You cannot aim for the heart - what you are fighting against has no heart. The destruction would have to come from all around the world simultaneously, only to overcome the material part of the Hive.

2 THE HIVEMIND

The submerged part of the iceberg is perhaps the biggest - the Hivemind.

Under such a system, strength is of little power, money is of little power, government is of little power. These can all change your life, but none will change the world. Reigning supreme; belief. It is the core entity for which people wake up, and use their strength, money and governmental power for.

Morals rely on what we all believe is good.
Groups rely on who we all think are our kin.
Laws rely on what we all believe can hurt us.
Money relies on the value we all believe it holds.
People in power have said power because we all believe they have it.
Society exists because we all believe in it and allow it to coordinate our behavior.

Under such a system, the thoughts of the masses are the most important resource²⁸. **People who dictate thoughts and behaviors** (school, media, religion) have the most power. **People who monitor and judge thoughts** (law makers, owners of communication platforms) are second.

They have understood socialization, and have wired us to find meaning in approval, which people fulfill by incarnating archetypal characters from the Hive. Not only does it keep people busy role-playing instead of questioning the game itself, but it is also possible to weaken populations by projecting them autodestructive personalities as valuable characters.

They have understood belief, and have manufactured different utopias in order to appeal to everybody. Nobody would ever think outside the box when they can have a group with similar values and circlejerk about their hopes and symbolic victories.

They have understood neurotic behaviors, and cultivate them in order to profit off them. The consumerist society is based on normalizing neurotic behaviors, which spawn materialistic coping methods.

They have understood anatomy, and pollute bloodlines in order to weaken people. This is a game of genocide, which starts within the wombs of your women.

They kill god and reach for its throne.
You applaud from the slaughterhouse.



With each level reached, a new dimension of control enters the game. They reinforce the chains we inherit from our ancestors and we call it progress! Neither docility neither money can buy freedom. Within this system, all that we can buy is only for temporary forgiveness. Until they crack the whip again.

HUMAN NATURE AND PRAGMATICAL THINKING (ECONOMY)

Hive level 1: **exchanges** lure people into societies

Revolves around resources and who has them

STABLE ENVIRONMENT AND SEDENTARITY (GOVERNMENT)

Hive level 2: **centralized** power is put in place to rule and organize people

Revolves around the military force to back the reign

TECHNOLOGICAL EVOLUTION (INDUSTRIALIZATION)

Hive level 3: **industrialization** replaces the aspiration to freedom by desires

Revolves around the technology to be part of a global exchange system

INSTANT COMMUNICATION²⁹ (INTERNET)

Hive level 4: **internet** is used to permanently plug people to a fake reality

Revolves around the thoughts of the masses

DEPENDENCE

- 1.They “feed” and “cure” you
- 2.They made you addicted to approval, needing other people around

WEAKENING

- 1.They feed you harmful chemicals
- 2.They import foreign races and promote mongrels

DISTRACTION

- 1.They offer you platforms where you can watch, listen, play, learn anything
- 2.They make up false causes, false battles for people to abandon their rebel soul to

SURVEILLANCE

- 1.They know what you think, by reading your conversations and what you watch on the internet
- 2.They know where you are, by tracking your movements

INDOCTRINATION

- 1.Experience and discovery (parents and yourself) won't be accepted as education and you will be sent to school to learn state-approved opinions
- 2.Institutions will define what is good and bad (religions, human rights), creating god in their image
- 3.Internet and social media directly connect you to the hivemind

OPINION CONTROL

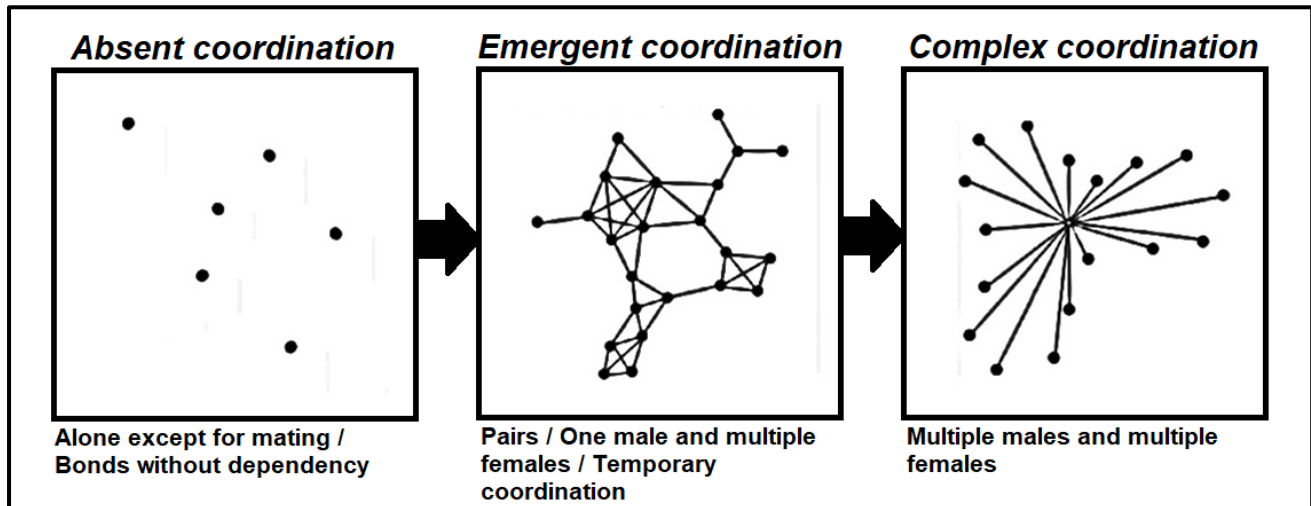
- 1.They will establish ideas that benefit them as the truth, and will label opposing ideas as dangerous false information that need to be suppressed for our safety
- 2.They will demonize other ideas (by pathologizing them, linking them to a marginal group, linking the ideas to other ridicule claims to make the whole lose its credibility)

3 RAGE BECAME THE MACHINE

We live in a society just as much as society lives in us.

The Hive manifests itself physically as civilization, it manifests itself psychologically as conformism in thought patterns, but its core is spawned by our very nature.

The Hive is rooted in the human propensity to strive to form coordinations. Coordinations can be defined as bonds with interdependency.



Humans can live in emergent coordinations without much conflict. We remain egoistical by essence, but those bonds are about being mutually beneficial.

When complex coordinations form, the collective isn't designed for man anymore; man is designed for the collective. This level of organisation can only be sustained artificially by instauring a strict socialization process.

Besides violence and egoism, there are multiple human behaviors that naturally arise in social situations, which are in contradiction with collectivist utopias:

Sexual selection: The cohabitation of multiple adult men in the presence of women will always result in competition for reproduction.

Common culture: The cohabitation of people with divergent beliefs will always sow discord, create arbitrary groups, and cause conflict.

Racial rage: The cohabitation of multiple human species will always witness the different factions teaming up together for the supremacy of their bloodline.

Societies are flawed by default. The only way to keep them stable on the social aspect is to establish monogamy with a homogenous culture and gene pool. Monogamy allows everybody to have access to sex and reproduction - it pacifies people. However, it is in contradiction to human mating behavior, and allows bad genes to spread³⁰. Without carefully crafted societies, most men either die because of the harsh environment, or live in rejection because women select the best males.

The highest form of human coordination that can remain stable on the long-term is the family setting. At maximum **one man, multiple wives**, and all of **their children**.

1. Men are usually heterosexual and subconsciously try to spread their genes as much as possible. Bonding with a woman makes for having children consistently. Having multiple women makes for having multiple children at the same time³¹. Depending on his attractiveness, a man will have zero, one or multiple wives. Male homosexuality equals not playing. Raping equals cheating.

2. Women are bisexual by nature and enjoy both male and female partners³². Still, maternal instinct will sooner or later drive them towards a man. Motherhood being a long process made of tiring pregnancy and looking after the baby, it is preferable for them to choose a strong man. Not only do women benefit from polygynic relationships when they are attracted to the other wives, but such a setting also further proves the genetic value of their man.

3. Children look up to their parents during their earliest years. They will most likely remain grateful if rose correctly.

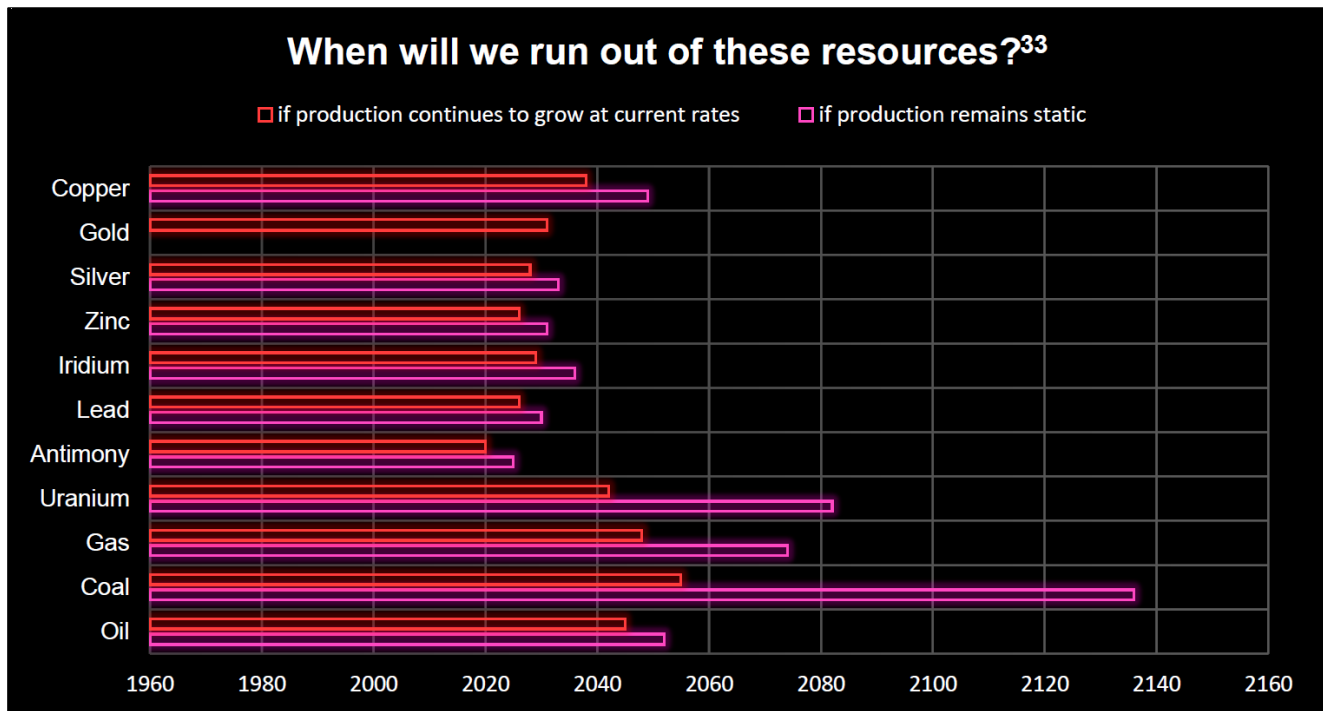
In the absence of valuable males, women grow disgusted of the masculine and abandon the idea of motherhood. Materialism, lesbianism and disdain for reproduction become the norm. This is a pattern we observe in dying societies.

Love should not be considered to be a magical unexplainable feeling, as it blurries and destabilizes its nature. A world of illusions. Love should not be lent in exchange for resources, as it falsifies attraction and the life it spawns. A world of prostitution.

True love is conditional and lent to people who fulfill our social needs. Lovers offer sex and genes, friends offer validation and entertainment, children offer legacy. **Social interaction is a subconscious theatre of opportunism.** For an optimal relationship, your partner(s) should be your close friend and mutual object of desire at the same time. To rhythm your daily lives, note that bonds grow stronger through effort (hardship together, common creations) and stimulation (gnosis, games).

4 TWILIGHT OF THE IDIOTS

Even such a huge civilization as the one we live in is not immune to collapsing. Industrial society relies on energy and minerals - the latter being prone to scarcity.



As we run out of these resources, societies won't be able to sustain themselves anymore and will start to disintegrate. The process of the collapse will spread over decades. The authorities will make different scapegoats to blame the end of the system on, and will try to instill fear in order to justify taking restrictive measures and explain the drop in the quality of life.

Prepare to sleepwalk into dystopia.

Ethnic tensions will build before the collapse, as foreigners will multiply and turn violent under the protection of the authorities (perceiving them as dumber cattle). As soon as the police force will be ineffective, ethnic wars will rage.

No place will properly be turned to ashes, deindustrialisation and ethnic wars will both take place at different paces all around the world, then the survivors will start building new societies.

However, the required resources to restart industrial societies will not be available on this planet anymore. The Hive won't be an omnipotent force ever again.

What if our prophets came with rifles?



5 XENOANARCHY

Following the Hive is a paradigm that unfortunately restrains the individual, making of him merely a fragment of his given civilization; limiting him to morals, groups and laws.

Not only such an environment is by default restrictive upon his lifestyle and thought patterns, but a more advanced version of this system also gives him improper psychological development and poor solutions, deteriorated genes and inadequate hygiene for the evolution of the body, alongside technological dependence paired with the destruction of his own natural ecosystem.

Man was once an animal and not a man. The sanest lifestyle would be the one we have evolved for during millions of years: an instinct-driven mind, not haunted by beliefs nor social concepts, physical exercise when hunting, contemplation when gathering, using naturally-occurring substances to feed, medicate, get supernatural experiences, living in a fitting ecosystem, while the other nearby people are all of the same species. But this world is no more. We cannot go back to Eden.

Trying to live in such delusion now would only make us more vulnerable to the Hive. We need to be able to compete. We need to wield sin to uphold virtue.

There exists an alternative. The subject would have to reject self-dissolution and be able to compete with society by himself. A self-made individual system, outside of the dominant system. We like to call it Xenoanarchy.

Under society, our tools evolve but the chains evolve faster. Xenoanarchy arises from the dead-ends of a pre-existing system and revolves around stealing the best tools available and breaking the chains with them. It does not attempt to deny the material power of the Hive, it actually tries to profit off society's knowledge and technology easy enough for anyone to comprehend and replicate.

The masses who find meaning in pleasure and devotion are not meant to live such a lifestyle, but they constitute a non-negligible part of genetic stock. Let the people form societies as they want, as it is in their nature. However, their societies, your territory, have to remain genetically homogenous. These criterias will shape an environment ensuring the genetic survival and health of your species.

Xenoanarchy is the path to a healthier life, and the guarantee not to suffer the fate of societies – monuments to human decay.



Morals-driven behavior, revolving around your utopias. This is a false identity. **Reject morality**, or the Hive will convert you to its cause.

Ego-driven behavior, revolving around your fears. This is your weakness. **Overcome your neurotic traits**, or the Hive will fuel your addictions.

Instinct-driven behavior, revolving around your basic needs. This is your true nature. **Fulfill your needs by yourself**, or you will depend on the Hive.

HEALTH

1. Breathe with the correct posture to allow your face to grow optimally
2. Do microneedling on your face once per week
3. 1 tsp. white button mushroom daily will lower your estrogen levels ♂

GNOSIS

- Ecstatic 1:** workout (every other day)
Ecstatic 2: have sex (whenever)
Inhibitory 1: consume 1 tsp. psilocybin then 2 tsp. two weeks later (whenever)
Inhibitory 2: consume 25 - 75 tsp. San Pedro cactus (whenever)

CHANGES

1. Get rid of your need for comforting utopias and forget about their morals
2. Detect any neurotic traits that you might have and stop them
3. If you have too much bodyfat, lose fat
4. Apply one drop peppermint oil on each eyebrow daily until reach desired length
5. 10 tsp. shatavari powder a day until breasts reach desired volume ♀

SELF-RELIANCE

- Use water as:** toothpaste, skin cream, shampoo, laundry soap, toilet paper
Get (self-care): dumbbells, dermaroller
Get (survival): rocket stove, alembic, flint and steel
Grow/raise: New Zealand rabbit, potato, peppermint, San Pedro cactus, psilocybin, white button mushroom, shatavari, ghost peppers, henna, indigo
Make yourself: fire, clay items, haircut

In the end, we are nothing more than animals, chemically engineered to find satisfaction in surviving, spreading, and ameliorating our species.

Everything seems to point towards us striving to evolve into superior lifeforms:

1. **Take care of your body** to reveal the potential of your genes.
2. **Find one or multiple wives and breed** to ameliorate your genes.
3. **Remove the foreign elements that pollute your gene pool.**

